



Weill Cornell Medicine



COPD Facts to Know

November is Chronic Obstructive Pulmonary Disease (COPD) Awareness Month. Here's what you need to know about this serious condition.

Chronic lower respiratory disease (which includes COPD) is a leading cause of death in men and women in the U.S.



Over 5%

of men die from chronic lower respiratory disease.



Over 6%

of women die from chronic lower respiratory disease.



Smoking is the top risk factor for COPD—up to 1 in 4 current or former smokers develop the disease.

16.4 million people in the U.S. had a COPD diagnosis in 2018, and millions more may be living with undiagnosed COPD.

5% to 6%

of people in the Tri-State Area have COPD, with the majority being 65 years or older.

51%

of people with COPD report having **trouble completing daily activities.**

43%

of people with COPD **experience psychological problems such as anxiety and depression.**



COPD symptoms include:

- Excess mucus or phlegm
- Frequent coughing
- Shortness of breath
- Trouble breathing
- Wheezing

Prevention and Treatment

The most effective way to prevent COPD is to stop smoking. Avoiding secondhand smoke is also crucial.

Treatment will vary by person, but generally can include dietary adjustments, developing an exercise routine or medications.

Additional treatment options for people with severe COPD may include **oxygen therapy or surgery.**



Have questions or need treatment for COPD? Weill Cornell Medicine can help. Find a provider at weillcornell.org/doctors



Weill Cornell Medicine